



# City of Lake Forest Senior Scene

[www.lakeforestca.gov/seniors/](http://www.lakeforestca.gov/seniors/)

## ARE YOU ELIGIBLE FOR SSI?

Supplemental Security Income (SSI)  
is a federally funded program  
administered by  
the Social Security Administration.

Its basic purpose is to assure  
a minimum level of income  
to people who are elderly (65 or over),  
blind or disabled, and who have  
limited income and resources.

Countable resources must be valued  
at \$2,000 or less for an individual  
or \$3,000 or less for a couple.  
But not all the things people own count for SSI.  
For instance, the house a person lives in  
and the land around it and,  
usually, one car does not count.

For additional information, visit the SSI website  
at [www.ssa.gov](http://www.ssa.gov) or call 1-800-772-1213.

If you are deaf or hard of hearing,  
call 1-800-325-0778.

## Apr/May/June 11

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April  
May  
June

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Coming  
Your Way!  
Movie Days

**14** Daily Life in LF

**15** LF Reading Circle

**16** Senior 4th  
of July Float

### SENIOR SCENE CLUBHOUSE HOURS

Monday thru Thursday  
10:00 AM – 2:00 PM

## HOW TO RESERVE YOUR SEAT FOR MINI EXCURSIONS

Due to limited space, Lake Forest residents will have "priority" to register for the mini excursions. Lake Forest residents may register at City Hall, 25550 Commercentre Drive, Lake Forest in Community Room A.

Fill out the liability release form provided to reserve your seat. If space is available, non-residents may register upstairs the following day. Registrations will only be taken at the times and dates listed.

Thank you in advance for your cooperation. Reservations are not required for seminars.

### MINI EXCURSION REGISTRATION

#### April

Lake Forest Residents:  
**Wed, April 6, 12 noon**

Non-Residents:  
Thurs, April 7

#### May

Lake Forest Residents:  
**Wed, May 4, 12 noon**

Non-Residents:  
Thurs, May 5

#### June

Lake Forest Residents:  
**Wed, June 1, 12 noon**

Non-Residents:  
Thurs, June 2

## APRIL MINI EXCURSIONS

**Historic  
Yorba  
Cemetery •  
Yorba Linda  
Wednesday,  
April 13  
10:00 AM-1:00  
PM  
Fee: Free**



If you like old cemeteries (and who doesn't), then maybe you'll want to partake in a docent-led tour of the historic Yorba Cemetery which dates back to 1834 and closed in 1939. It was founded by Bernardo Don Yorba, the rancher who held the Spanish land grant for the entire area, and who is also buried there. **Note: Considerable walking and unlevel ground.**



**The Bradford  
House • Placentia  
Tuesday, April 26  
10:00 AM-1:30 PM  
Fee: \$5.00 (pay at  
the door)**

A docent will lead you through The Bradford House, a modified Queen Anne Victoria-style home built in 1902, at the time costing \$8,000. With two stories, 15 rooms and a full basement, this elegant turn-of-the-century home is a must see. **Note: Considerable walking and no elevator to second story.**

## MAY MINI EXCURSIONS

**Silverado Canyon Hike •  
Silverado  
Wednesday, May 11  
10:00 AM-2:00 PM  
Fee: \$3.00 (pay at time  
of registration)**



Joel Robinson, professional naturalist, will lead you on a trail (less than a quarter-mile) through parts of Silverado Canyon identifying plants and animal tracks. Afterwards, lunch (approx. \$5.00) at one of OC's best kept secrets... the Silverado Café. Hiking Level: Easy. Flat, level ground for the most part with gentle hill(s).

**A Day in Laguna Beach •  
Laguna Beach  
Wednesday, May 18  
10:00 AM-2:00 PM  
Fee: Free**

Let's beat the summer crowds and enjoy a day in Laguna. You'll have an opportunity to shop or hang out at the beach...it's up to you! Bring a lunch or grab a bite to eat at one of the many charming restaurants.

## JUNE MINI EXCURSIONS

**Mission San Juan  
Capistrano •  
San Juan Capistrano  
Tuesday, June 14  
10:00 AM-2:00 PM  
Fee: \$8.00 (pay at time  
of registration)**

Enjoy a guided one-hour tour of the fully-restored mission (built in 1775), its grounds, chapel, living quarters, and museum. Then stroll the streets of the town. Lunch is on your own or bring a lunch.

**Irvine Park  
Railroad  
& Orange  
County Zoo •  
Orange  
Wednesday,  
June 22**



**10:00 AM-2:00 PM  
Fee: \$5.00 – \$3 train; \$2 zoo (pay at the door)**

All aboard! Board the 1/3-scale train that takes you about a mile through beautiful and historic Irvine Regional Park. Afterwards, walk over to the OC Zoo (approx. 2 blocks) where black bears, mountain lions, a bald eagle, island foxes, great horned owls, and more are on exhibit. Pack a lunch!

# SEMINARS

Apr/May/June 2011

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Senior Scene

## April

### Restless Leg Syndrome (RLS)

**Thurs, Apr 21 • 11:15 AM**

Dr. Adam Wass, M.D., will provide an overview of symptoms and treatment of Restless Leg Syndrome. RLS is a condition in which your legs feel extremely uncomfortable while you're sitting or lying down, and it makes you feel like getting up and moving around.

## May

### Signs of Diabetes

**Thurs, May 19  
11:15 AM**

Did you know before people develop Type 2 diabetes, they almost always have "pre-diabetes." There are 57 million people in the US who have pre-diabetes. Dr. Alan Israel will discuss the consequences and treatments of Type 1 and Type 2 Diabetes.

## June

### Anger Management (Who, Me?)

**Thurs, Jun 23 • 11:15 AM**

Everyone feels anger, which is normal. But if your anger is damaging relationships or making you miserable, you may have an issue. Dr. Kristin Kleppe, UCI clinical psychologist, will give an overview on how to express anger in ways that are healthy and productive.

# CRAFTY CRAFTERS

**Due to the popularity of this program, you must register downstairs for all craft classes or by calling 461-3408. Crafts may change due to availability of supplies.**

## WE CARE CARDS

Thanks to you, we have a phenomenal surplus of greeting cards and messages. During this calendar issue, staff will concentrate on organizing the cards and is planning a trip for you to hand out cards to our veterans.

**Monday, May 16 • 10:30 AM-1:00 PM**

**Veterans Hospital • Long Beach**

**Register Wed, May 4 at 12:00 PM**

**at the Senior Clubhouse**

Hand deliver We Care Cards to our vets! Please note: Due to the privacy and respect of the veterans, hospital administration does not permit visitors to walk freely throughout the wards. You must stay with our group at all times.

## SOAP-ON-A-ROPE

**Tuesday, April 19 • 10:30 AM**

We'll provide all the supplies that it takes to make "soap-on-a-rope"...like soap and a rope!

## START YOUR PLANTING

**Tuesday, May 17 • 10:30 AM**

We will supply the terra cotta pot, potting soil, and seeds (OK...water, too)! And you will reach new heights of creativity as you sponge paint the pot a "springy" color and plant floral seeds.

## PATRIOTIC PIN

**Tuesday, June 21 • 10:30 AM**

Let's hear it for the Red, White & Blue. You will create a patriotic pin that you will be proud to wear!

# CLUBHOUSE FUN

Come visit us at the Senior Scene Clubhouse! You'll enjoy a variety of activities including card playing, tile games, monthly game tournaments, seminars, exercise classes, craft classes, and movies. This is a great place to meet new friends! No need to make a

reservation for this great drop-in program. Join us for Bingo and a free hot lunch every Thursday!

The Clubhouse is open Monday through Thursday each week from 10 AM-2 PM.

## DISCOVER THE EXCITEMENT!

### "WII" BOWLING LEAGUE

**Every Monday • 12:30 PM**

#### **Community Room A**

Drop by and play a game of "Wii" Bowling. Come on try it. If you are not familiar with Wii Bowling, it's all done in front of a TV! *Not offered on Bingo Mania days.*

### **KNOTTY KNITTERS**

**Every Wednesday**

**10:00 AM-12:00 PM**

#### **Community Room A**

An informal group aka Knotty Knitters gets together on Wednesdays with their projects...they knit a little and laugh a lot!

### **BAGELS & BINGO**

**10:30 AM**

Tue, April 5

Tue, May 3

Tue, June 7

### **CHAT WITH PAT**

**11:30 AM-12:30 PM**

Wed, April 6

Wed, May 4

Wed, June 1

Are you new to the area? Looking for a doctor who specializes in senior issues? If so, Pat Huckabay (Monarch HealthCare) will discuss the options available to you.

### **BOCCE BALL GAMES**

**10:30 AM**

Tue, April 12

Tue, May 10

Wed, June 15

### **BINGO MANIA**

**11:00 AM**

Mon, April 18

Mon, May 16

Mon, June 20

### **SCRABBLE GAMES**

**10:30 AM**

Wed, April 20

Wed, May 18

Wed, June 15

### **RUMMIKUB TOURNAMENT**

**10:30 AM**

Tue, April 26

Tue, May 31

Tue, June 28

Rummikub is similar to Gin Rummy, but is played with tiles! We'll teach you how to play.

### **BIRTHDAY CELEBRATIONS**

**11:30 AM**

Thu, April 21

Thu, May 26

Thu, June 30

### **MAHJONG MONDAYS**

**AND WEDNESDAYS**

**10:30 AM-2:00 PM**

Every Monday and Wednesday

### **COUPON SWAP**

Drop off your coupons and pick some up when the clubhouse is open.

### **DROP-IN COMPUTER LAB**

**Mon-Thu • 10:00 AM-2:00 PM**

Throughout the year the Computer Lab (Training Room) is used for in-house training or computer classes, so availability may be limited at certain times.

**On Mondays, Apr 4, Apr 11, and Apr 18, the computer lab will be closed due to AARP Tax preparation.**

## **Don't Miss Out!**

### **EMERITUS CLASS SUMMER ENROLLMENT**

**Thu, April 21**

**(Activities Room)**

**11:30 AM-1:00 PM**

A representative from Irvine Valley College will be on site so you can register at the Senior Scene Clubhouse.

No need for an appointment – just drop in to sign up.



# LEGEND


SUN

MON

TUE

# APRIL

<b>CH</b> <b>City Hall</b> 25550 Commercentre Dr. 949.461.3400
<b>CC</b> <b>Community Center</b> 25550 Commercentre Dr. 949.461.3450
<b>CC-A</b> <b>Community Center Room A</b>
<b>CC-B</b> <b>Community Center Room B</b>
<b>CC-AR</b> <b>Community Center Activities Room</b>
<b>CC-TR</b> <b>Community Center Training Room</b>
<b>CC-L</b> <b>Community Center Lounge</b>
<b>ETL</b> <b>El Toro Library</b> 24672 Raymond Way 949.855.8173
<b>LFBTC</b> <b>Lake Forest Beach &amp; Tennis Club</b> 22921 Ridge Route Dr. 949.837.6100
<b>LFGPC</b> <b>Lake Forest Golf &amp; Practice Center</b> 23308 Cherry Ave. 949.859.1455
<b>FL</b> <b>Forest Lanes</b> 22771 Centre Drive 949.770.0055
<b>SDCCC</b> <b>Santiago de Compostela Community Center</b> 21682 Lake Forest Dr. 949.951.8599
<b>S&amp;S Club</b> <b>Sun &amp; Sail Club</b> 24752 Toledo Way 949.586.0860
<b>IVC</b> <b>Irvine Valley College</b> 23308 Cherry Ave. 949.451.5555

<b>3</b>	<b>4</b> 10:00 AM AARP Tax-Aide 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)  12:30 PM "Wii" Bowling League (CC-B) 1:00 PM Advanced Creative Writing (ETL)	<b>5</b> 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)  12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
<b>10</b>	<b>11</b> 10:00 AM AARP Tax-Aide 10:30 AM Mahjong (CC-A) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)  12:30 PM "Wii" Bowling League (CC-B) 1:00 PM Advanced Creative Writing (ETL)	<b>12</b> 10:00 AM HiCap Appointments 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bocce Ball  11:30 AM Cold Box Lunch Program (CC-A)  12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
<b>17</b>	<b>18</b> 10:00 AM AARP Tax-Aide 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)  1:00 PM Advanced Creative Writing (ETL)	<b>19</b> 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Soap-on-a-Rope (CC-AR) 11:30 AM Cold Box Lunch Program (CC-A)  12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
<b>24</b> <b>HAPPY EASTER!</b> 	<b>25</b> 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)  12:30 PM "Wii" Bowling League (CC-B) 1:00 PM Advanced Creative Writing (ETL)	<b>26</b> 10:00 AM Mini Excursion – Bradford House 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)  12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)

WED

THU

FRI / SAT

**FRI 1**

**APRIL FOOLS!**

1:00 PM Bowling League (FL)

**City Hall Closed**

**SAT 2**

**NOTE: At the time of publication, the summer Emeritus class schedule was not confirmed. Classes will be confirmed by mid-April.**

**6**

9:00 AM Tai Chi Ch'uan (CC-B)

**10:00 AM Knotty Knitters (CC-A)**

10:00 AM Drop-In Computer Lab (CC-TR)

**10:30 AM Mahjong (CC-A)**

10:30 AM Tai Chi Ch'uan – Advanced (CC-B)

**11:30 AM Chat with Pat (CC-A)**

**11:30 AM Cold Box Lunch Program (CC-A)**

**12:00 PM Mini Excursion Registration (CC-A)**

1:00 PM Yoga (CC-B)

**Cold Box Lunch**

**7**

9:00 AM Creative Needlepoint/Needle Arts (SDCCC)

10:00 AM It's Never Too Late (S&S Club)

10:00 AM Drop-In Computer Lab (CC-TR)

10:30 AM Bingo (CC-A&B)

**12:00 PM Lunch (CC-A&B)**

2:00 PM Aquatic Fitness (LFBTC)

**Italian Day**

**FRI 8**

**8:30 AM AARP Driver Safety Course (CC-A)**

1:00 PM Bowling League (FL)

**SAT 9**

**8:30 AM AARP Driver Safety Course (CC-A)**

**13**

9:00 AM Tai Chi Ch'uan (CC-B)

**10:00 AM Mini Excursion – Yorba Cemetery**

**10:00 AM Knotty Knitters (CC-A)**

10:00 AM Drop-In Computer Lab (CC-TR)

**10:30 AM Mahjong (CC-A)**

10:30 AM Tai Chi Ch'uan-Advanced (CC-B)

**11:00 AM Movie Day – The Invention of Lying (CC-L)**

**11:30 AM Cold Box Lunch Program (CC-A)**

1:00 PM Yoga (CC-B)

**Cold Box Lunch**

**14**

9:00 AM Creative Needlepoint/Needle Arts (SDCCC)

**10:00 AM Book Discussion – Moloka'i (CC-El Toro Room)**

10:00 AM It's Never Too Late (S&S Club)

10:00 AM Drop-In Computer Lab (CC-TR)

10:30 AM Bingo (CC-A&B)

**12:00 PM Lunch (CC-A&B)**

2:00 PM Aquatic Fitness (LFBTC)

**Chicken Sandwich**

**FRI 15**

1:00 PM Bowling League (FL)

**City Hall Closed**

**SAT 16**

**20**

9:00 AM Tai Chi Ch'uan (CC-B)

**10:00 AM Knotty Knitters (CC-A)**

10:00 AM Drop-In Computer Lab (CC-TR)

**10:30 AM Scrabble (CC-A)**

**10:30 AM Mahjong (CC-A)**

10:30 AM Tai Chi Ch'uan – Advanced (CC-B)

**11:30 AM Cold Box Lunch Program (CC-A)**

1:00 PM Yoga (CC-B)

**Cold Box Lunch**

**21**

9:00 AM Creative Needlepoint/Needle Arts (SDCCC)

10:00 AM It's Never Too Late (S&S Club)

10:00 AM Drop-In Computer Lab (CC-TR)

10:30 AM Bingo (CC-A&B)

**11:15 AM Seminar – Restless Leg Syndrome (CC-A&B)**

**11:30 AM Emeritus Class Enroll. (CC-AR)**

**11:30 AM Birthday Celebration (CC-A&B)**

**12:00 PM Lunch (CC-A&B)**

2:00 PM Aquatic Fitness (LFBTC)

**Chinese Feast**

**FRI 22**

1:00 PM Bowling League (FL)

**SAT 23**

**27**

9:00 AM Tai Chi Ch'uan (CC-B)

**10:00 AM Knotty Knitters (CC-A)**

10:00 AM Drop-In Computer Lab (CC-TR)

**10:30 AM Mahjong (CC-A)**

10:30 AM Tai Chi Ch'uan – Advanced (CC-B)

**11:00 AM Movie Day – (500) Days of Summer (CC-L)**

**11:30 AM Cold Box Lunch Program (CC-A)**

1:00 PM Yoga (CC-B)

**Cold Box Lunch**

**28**

9:00 AM Creative Needlepoint/Needle Arts (SDCCC)

10:00 AM It's Never Too Late (S&S Club)

10:00 AM Drop-In Computer Lab (CC-TR)

**11:30 AM 6th Annual Excellence for Seniors Awards Luncheon**

2:00 PM Aquatic Fitness (LFBTC)

**Volunteer Recognition Luncheon (reserved seating only)**

**29**

1:00 PM Bowling League (FL)

**7:00 PM Bunco or Bust (CC)**

**City Hall Closed**

**SAT 30**



Apr/May/Jun 2011

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Senior Scene

# LEGEND

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<b>CC</b> <b>Community Center</b> 25550 Commercentre Dr. 949.461.3450
<b>CC-A</b> <b>Community Center</b> <b>Room A</b>
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<b>CC-AR</b> <b>Community Center</b> <b>Activities Room</b>
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SUN	MON	TUE
<b>1</b>	<b>2</b> 10:00 AM Drop-In Computer Lab (CC-TR) <b>10:30 AM Mahjong (CC-A)</b> <b>11:30 AM Cold Box Lunch Program (CC-A)</b>  <b>12:30 PM "Wii" Bowling League (CC-B)</b> 1:00 PM Advanced Creative Writing (ETL)	<b>3</b> 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) <b>10:30 AM Bagels &amp; Bingo (CC-A)</b> <b>11:30 AM Cold Box Lunch Program (CC-A)</b>  12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
<b>8</b> <b>HAPPY MOTHER'S DAY</b> 	<b>9</b> 10:00 AM Drop-In Computer Lab (CC-TR) <b>10:30 AM Mahjong (CC-A)</b> <b>11:30 AM Cold Box Lunch Program (CC-A)</b>  <b>12:30 PM "Wii" Bowling League (CC-B)</b> 1:00 PM Advanced Creative Writing (ETL)	<b>10</b> <b>10:00 AM HiCap Appointments</b> 10:00 AM Drop-In Computer Lab (CC-TR) <b>10:30 AM Bocce Ball</b> <b>11:30 AM Cold Box Lunch Program (CC-A)</b>
<b>15</b>	<b>16</b> 10:00 AM Drop-In Computer Lab (CC-TR) <b>10:30 AM Mini Excursion – Veterans Hospital</b> <b>10:30 AM Mahjong (CC-A)</b> <b>11:00 AM Bingo Mania (CC-A)</b> <b>11:30 AM Cold Box Lunch Program (CC-A)</b>  1:00 PM Advanced Creative Writing (ETL)	<b>17</b> 10:00 AM Drop-In Computer Lab (CC-TR) <b>10:30 AM Crafts – Start Your Planting (CC-AR)</b> <b>11:30 AM Cold Box Lunch Program (CC-A)</b>
<b>22</b>	<b>23</b> 10:00 AM Drop-In Computer Lab (CC-TR) <b>10:30 AM Mahjong (CC-A)</b> <b>11:30 AM Cold Box Lunch Program (CC-A)</b>  <b>12:30 PM "Wii" Bowling League (CC-B)</b> 1:00 PM Advanced Creative Writing (ETL)	<b>24</b> 10:00 AM Drop-In Computer Lab (CC-TR) <b>11:30 AM Cold Box Lunch Program (CC-A)</b>
<b>29</b>	<b>30</b> <b>MEMORIAL DAY (OBSERVED)</b>  <b>CITY HALL AND SENIOR CLUBHOUSE CLOSED</b> 	<b>31</b> 10:00 AM Drop-In Computer Lab (CC-TR) <b>10:30 AM Rummikub Tournament (CC-A)</b> <b>11:30 AM Cold Box Lunch Program (CC-A)</b>
		<b>Cold Box Lunch</b>




WED	THU	FRI / SAT
<div>4</div> <div>           9:00 AM Tai Chi Ch'uan (CC-B)  <b>10:00 AM Knotty Knitters (CC-A)</b>            10:00 AM Drop-In Computer Lab (CC-TR)  <b>10:30 AM Mahjong (CC-A)</b>            10:30 AM Tai Chi Ch'uan – Advanced (CC-B)  <b>11:30 AM Chat with Pat (CC-A)</b>  <b>11:30 AM Cold Box Lunch Program (CC-A)</b>    <b>12:00 PM Mini Excursion Registration (CC-A)</b>            1:00 PM Yoga (CC-B)    <b>Cold Box Lunch</b> </div>	<div>5</div> <div> <b>CINCO DE MAYO</b>            9:00 AM Creative Needlepoint/Needle Arts (SDCCC)            10:00 AM It's Never Too Late (S&amp;S Club)            10:00 AM Drop-In Computer Lab (CC-TR)            10:30 AM Bingo (CC-A&amp;B)    <b>12:00 PM Lunch (CC-A&amp;B)</b>            2:00 PM Aquatic Fitness (LFBTC)    <b>Mexican Madness</b> </div>	<div>6</div> <div> <b>FRI</b>            1:00 PM Bowling League (FL)    <b>4:00 PM Peace, Love and Happiness – 60's-style Dinner/ Dance (reservations are required)</b>  <hr/> <b>SAT 7</b> </div>
<div>11</div> <div> <b>10:00 AM Mini Excursion – Silverado Canyon Hike</b>  <b>10:00 AM Knotty Knitters (CC-A)</b>            10:00 AM Drop-In Computer Lab (CC-TR)  <b>10:30 AM Mahjong (CC-A)</b>  <b>11:00 AM Movie Day – Secretariat (CC-L)</b>  <b>11:30 AM Cold Box Lunch Program (CC-A)</b>    <b>Cold Box Lunch</b> </div>	<div>12</div> <div>           9:00 AM Creative Needlepoint/Needle Arts (SDCCC)  <b>10:00 AM Book Discussion – A Secret Kept (CC-El Toro Room)</b>            10:00 AM Drop-In Computer Lab (CC-TR)            10:30 AM Bingo (CC-A&amp;B)    <b>12:00 PM Lunch (CC-A&amp;B)</b>    <b>Deli Day</b> </div>	<div>13</div> <div> <b>FRI</b>            1:00 PM Bowling League (FL)    <b>City Hall Closed</b>  <hr/> <b>SAT 14</b> </div>
<div>18</div> <div> <b>10:00 AM Mini Excursion – A Day in Laguna Beach</b>  <b>10:00 AM Knotty Knitters (CC-A)</b>            10:00 AM Drop-In Computer Lab (CC-TR)  <b>10:30 AM Scrabble (CC-A)</b>  <b>10:30 AM Mahjong (CC-A)</b>  <b>11:30 AM Cold Box Lunch Program (CC-A)</b>    <b>Cold Box Lunch</b> </div>	<div>19</div> <div>           9:00 AM Creative Needlepoint/Needle Arts (SDCCC)            10:00 AM Drop-In Computer Lab (CC-TR)            10:30 AM Bingo (CC-A&amp;B)  <b>11:15 AM Seminar –Signs of Diabetes (CC-A&amp;B)</b>    <b>12:00 PM Lunch (CC-A&amp;B)</b>    <b>Chinese Feast</b> </div>	<div>20</div> <div> <b>FRI</b>            1:00 PM Bowling League (FL)  <b>7:00 PM Bunco or Bust (CC)</b>  <hr/> <b>SAT 21</b> </div>
<div>25</div> <div> <b>10:00 AM Knotty Knitters (CC-A)</b>            10:00 AM Drop-In Computer Lab (CC-TR)  <b>10:30 AM Mahjong (CC-A)</b>  <b>11:00 AM Movie Day – Life As We Know It (CC-L)</b>  <b>11:30 AM Cold Box Lunch Program (CC-A)</b>    <b>Cold Box Lunch</b> </div>	<div>26</div> <div> <b>2<sup>nd</sup> ANNUAL PJ DAY</b>            10:00 AM Drop-In Computer Lab (CC-TR)            10:30 AM Bingo (CC-A&amp;B)  <b>11:30 AM Birthday Celebration (CC-A&amp;B)</b>    <b>12:00 PM Lunch (CC-A&amp;B)</b>    <b>Meat Loaf and Potatoes</b> </div>	<div>27</div> <div> <b>FRI</b>            1:00 PM Bowling League (FL)    <b>City Hall Closed</b>  <hr/> <b>SAT 28</b> </div>

MAY

# JUNE

<b>CH</b> <b>City Hall</b> 25550 Commercentre Dr. 949.461.3400
<b>CC</b> <b>Community Center</b> 25550 Commercentre Dr. 949.461.3450
<b>CC-A</b> <b>Community Center Room A</b>
<b>CC-B</b> <b>Community Center Room B</b>
<b>CC-AR</b> <b>Community Center Activities Room</b>
<b>CC-TR</b> <b>Community Center Training Room</b>
<b>CC-L</b> <b>Community Center Lounge</b>
<b>ETL</b> <b>El Toro Library</b> 24672 Raymond Way 949.855.8173
<b>LFBTC</b> <b>Lake Forest Beach &amp; Tennis Club</b> 22921 Ridge Route Dr. 949.837.6100
<b>LFGPC</b> <b>Lake Forest Golf &amp; Practice Center</b> 23308 Cherry Ave. 949.859.1455
<b>FL</b> <b>Forest Lanes</b> 22771 Centre Drive 949.770.0055
<b>SDCCC</b> <b>Santiago de Compostela Community Center</b> 21682 Lake Forest Dr. 949.951.8599
<b>S&amp;S Club</b> <b>Sun &amp; Sail Club</b> 24752 Toledo Way 949.586.0860
<b>IVC</b> <b>Irvine Valley College</b> 23308 Cherry Ave. 949.451.5555

<b>5</b>	<b>6</b> 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM <b>Mahjong (CC-A)</b> 11:30 AM <b>Cold Box Lunch Program (CC-A)</b>  12:30 PM <b>"Wii" Bowling League (CC-B)</b> 1:00 PM Advanced Creative Writing (ETL)  <b>Cold Box Lunch</b>	<b>7</b> 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM <b>Bagels &amp; Bingo (CC-A)</b>  11:30 AM <b>Cold Box Lunch Program (CC-A)</b>  <b>Cold Box Lunch</b>
<b>12</b>	<b>13</b> 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM <b>Mahjong (CC-A)</b> 11:30 AM <b>Cold Box Lunch Program (CC-A)</b>  12:30 PM <b>"Wii" Bowling League (CC-B)</b> 1:00 PM Advanced Creative Writing (ETL)  <b>Cold Box Lunch</b>	<b>14</b> 10:00 AM <b>Mini Excursion – Mission San Juan Capistrano</b> 10:00 AM <b>HiCap Appointments</b> 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM <b>Cold Box Lunch Program (CC-A)</b>  <b>Cold Box Lunch</b>
<b>19</b> <b>HAPPY FATHER'S DAY</b> 	<b>20</b> 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM <b>Mahjong (CC-A)</b> 11:00 AM <b>Bingo Mania (CC-A)</b> 11:30 AM <b>Cold Box Lunch Program (CC-A)</b>  1:00 PM Advanced Creative Writing (ETL)  <b>Cold Box Lunch</b>	<b>21</b> <b>FIRST DAY OF SUMMER</b> 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM <b>Crafts – Patriotic Pin (CC-AR)</b> 11:30 AM <b>Cold Box Lunch Program (CC-A)</b>  <b>Cold Box Lunch</b>
<b>26</b>	<b>27</b> 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM <b>Mahjong (CC-A)</b> 11:30 AM <b>Cold Box Lunch Program (CC-A)</b>  12:30 PM <b>"Wii" Bowling League (CC-B)</b> 1:00 PM Advanced Creative Writing (ETL)  <b>Cold Box Lunch</b>	<b>28</b> 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM <b>Rummikub Tournament (CC-A)</b> 11:30 AM <b>Cold Box Lunch Program (CC-A)</b>  <b>Cold Box Lunch</b>

WED		THU		FRI / SAT	
1		2		3	
10:00 AM Knotty Knitters (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Chat with Pat (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)  12:00 PM Mini Excursion Registration (CC-A)		10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B)  12:00 PM Lunch (CC-A&B)		1:00 PM Bowling League (FL)	
Cold Box Lunch		Mexican Madness		SAT 4	
8		9		10	
10:00 AM Knotty Knitters (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:00 AM Movie Day – Man of the House (CC-L) 11:30 AM Cold Box Lunch Program (CC-A)		9:30 AM Intro to Internet & E-mail (CC-TR) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B)  12:00 PM Lunch (CC-A&B)		1:00 PM Bowling League (FL)  City Hall Closed	
Cold Box Lunch		Italian Day		SAT 11	
15		16		17	
10:00 AM Knotty Knitters (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bocce Ball  10:30 AM Scrabble (CC-A) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)		10:00 AM Book Discussion – 84, Charing Cross Road (CC-El Toro Room) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B)		1:00 PM Bowling League (FL)	
Cold Box Lunch		Chicken and Rice Bowl		SAT 18	
22		23		24	
10:00 AM Mini Excursion – Irvine Park Railroad and Orange County Zoo 10:00 AM Knotty Knitters (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)		10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar – Anger Management (CC-A&B) 12:00 PM Lunch (CC-A&B)		1:00 PM Bowling League (FL)  7:00 PM Bunco or Bust (CC)  City Hall Closed	
Cold Box Lunch		Hot Diggity Dogs BBQ		SAT 25	
29		30			
10:00 AM Knotty Knitters (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:00 AM Movie Day – Unstoppable (CC-L) 11:30 AM Cold Box Lunch Program (CC-A)  12:30 PM Ice Cream Sundaes		10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Birthday Celebration (CC-A&B)  12:00 PM Lunch (CC-A&B)			
Cold Box Lunch		Chinese Feast			

# GOOD STUFF COMING YOUR WAY

For further information call 461-3450 or visit the City's website at [www.lakeforestca.gov](http://www.lakeforestca.gov).

## CONGRATULATIONS TO MYRON "Drink" DRINKWATER 2010 JIM SAX AWARD RECIPIENT

With all the nominees for 2010, the judges had their work cut out for them. On behalf of the City of Lake Forest, we thank all of the volunteers who contribute to our Senior Center and senior programs. **Selfless...that would be you!**

## 2<sup>nd</sup> ANNUAL PJ DAY Thursday, May 26

You know there's some days you don't want to get dressed up and come to the Clubhouse. With that in mind...it's PJ Day! Wear your favorite PJ's, robe, sweats (trust me staff will, too).

## PEACE, LOVE AND HAPPINESS – 60's STYLE DINNER/DANCE Friday, May 6 • 4:00-7:00 PM \$7.00 per person

By the mid-60's, a whole new way of fashion was introduced...who had the longest hair or the biggest afro...the girls or the guys? Come "decked out" (dress up in bell bottoms, vests, love beads, and tie-dyed t-shirts) as DJ Doug Houston plays some groovy tunes to dance to from the 60's.

## AARP TAX-AIDE FREE TAX PREPARATION

Appointments are still available. The last day to file for your federal and state income taxes is Monday, April 18. For an appointment, call 461-3408.

## AARP DRIVER SAFETY COURSE Friday/Saturday, April 8 & 9

8:30 AM-12:30 PM

\$12.00 AARP Members • \$14.00 Non-Members

Call 461-3450 for additional information.

## April



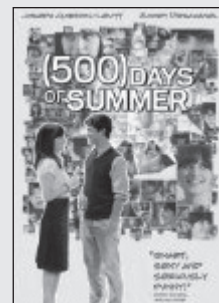
## The Invention of Lying (PG-13) • April 13

When a down-on-his-luck loser named Mark suddenly develops the ability to lie, he finds that dishonesty has its rewards.

In a world where every word is assumed to be the absolute truth, Mark easily lies his way to fame and fortune.

But lies have a way of spreading, and Mark begins to realize that things are getting a little out of control when some of his tallest tales are being taken as gospel.

With the entire world now hanging on his every word, there is only one thing Mark has not been able to lie his way into: the heart of the woman he loves.



## (500) Days of Summer (PG-13) • April 27

Tom Hansen reflects upon the time he knew Summer Finn. Despite being physically average in almost every respect, Summer had always attracted the attention of men, Tom included. For Tom, it was love at first sight.

Soon, Tom knew that Summer was the woman with whom he wanted to spend the rest of his life, although Summer did not believe in relationships or boyfriends – in her assertion, real life will always ultimately get in the way.

# MOVIE DAYS

Wednesdays • 11:00 AM • Lounge

## May

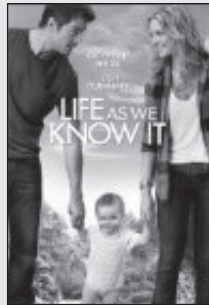


### **Secretariat** (PG) • May 11

Based on the remarkable true story, **Secretariat** chronicles the spectacular journey of the 1973 Triple Crown winner.

Housewife and mother Penny Chenery Tweedy agrees to take over her ailing father's Virginia based Meadow Stables, despite her lack of horse-racing experience.

Against all odds, with the help of veteran trainer Lucien Laurin, she manages to navigate the male-dominated business, ultimately fostering the first Triple Crown winner in 25 years and what may be the greatest racehorse of all time.



### **Life As We Know It** (PG-13) • May 25

Holly and Eric were set up on a blind date by their friends, Peter and Allison who are married.

A few years later, after Peter and Allison were killed in an accident, they learn that Peter and Allison have named them as the guardians of their daughter, Sophie.

So they move into their house and try their best to honor their friends' wishes.

But raising a child puts a crimp on their style and they don't exactly get along.

## June



### **Man of the House** (PG-13) • June 8

By-the-book Texas Ranger Roland Sharp tracks down a key informant with the help of an ex-con turned preacher Percy Stevens.

But when the informant is offed, the hard-headed Sharp is assigned to protect the only witness to the crime – a group of University of Texas cheerleaders – by going undercover and moving in with the five uncontrollable coeds.

For a guy used to ducking bullets and confronting heavily armed drug dealers, he's now up to his elbows in pompoms.



### **Unstoppable** (PG-13) • June 29

A grizzled veteran engineer (Denzel Washington) and a rookie train operator learn that a runaway locomotive carrying carloads of dangerous chemicals is headed for a small Pennsylvania hometown.

In order to save the day, they must figure out how to catch up to the rogue engine, and stop it before harm comes to the town.

Standing in their way is the head of the company who is more interested in saving the stock price than lives.



## SENIOR BOX LUNCH PROGRAM

The Senior Box Lunch Program provided by Age Well Senior Services, Inc., offers a sandwich or salad, fruit or veggie, milk, and dessert. A \$4.00 suggested donation per meal is requested. Lunches are available at 11:30 AM Monday through Wednesday. Menus will be posted at the Senior Scene Clubhouse on a monthly basis.



## NEED TO KNOW NUMBERS!

AARP	888-687-2277
Age Well Senior Services <i>Formerly South County Senior Services</i>	855-8033
Caregiving Resource Directory	888-721-9797
City of Lake Forest City Hall	461-3400
Council on Aging	714-479-0107
Disabled Housing Information	714-567-7500
Elder/Disabled Adult Abuse	800-451-5155
HiCap Services	800-434-0222
Human Services Information	2-1-1
Irvine Valley College/Emeritus	451-5555
Meals on Wheels	855-8033
Medicare Fraud Hotline	800-447-8477
OCTA (Transportation So. OC)	800-636-7433
Office on Aging	800-510-2020
Orange Caregiver Resource Center	800-543-8312

## TRANSPORTATION

**The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday through Thursday.**

- Reservations and cancellations – call 855-9766 at least 24 hours in advance.
- Costs are 50 cents per trip.

**For additional transportation, contact OCTA ACCESS.**

- Call ACCESS (an OCTA service) at 1-877-628-2232 at least 24 hours in advance.
- OCTA has a formal certification process that follows ADA guidelines. To request an application, please **call the ACCESS Eligibility Office at 714-560-5956** or download the application from the OCTA website: **[www.octa.net/access\\_service](http://www.octa.net/access_service)**

## HiCAP APPOINTMENTS

Call 461-3408 for appointments. Second Tuesday of each month.

## CELL PHONES FOR LIFE

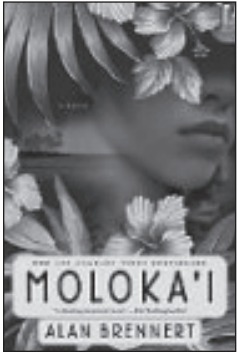
**FREE emergency cell phones for elderly and disabled individuals.** The cell phones can only be used to call 911. Pick up your cell phone and battery Monday through Thursday from 10:00 AM-2:00 PM at Lake Forest City Hall, 25550 Commercentre Dr., Second Floor.

# L.F. READING CIRCLE

Thursdays • 10:00 AM • El Toro Room

Please join Janet Swanson and the Lake Forest Senior Reading Circle as they discuss this quarter's book selections. Afterwards, drop by the Senior Scene Clubhouse and enjoy a hot lunch and Bingo.

## April



**April 14**  
**Moloka'i**  
by Alan Brennert  
(book provided)

Young Rachel Kalama, growing up in idyllic Honolulu in the 1890s, is part of a big, loving Hawaiian family, and dreams of seeing the far-off lands that her father, a merchant seaman, often visits. But at the age of seven, Rachel and her dreams are shattered by the discovery that she has leprosy. Forcibly removed from her family, she is sent to Kalaupapa, the isolated leper colony on the island of Moloka'i.

In her exile she finds a family of friends to replace the family she's lost and meets the man she will one day marry.

## May



**May 12**  
**A Secret Kept**  
by Tatiana Rosnay

Parisian siblings Melanie and Antoine have grown up damaged by their mother's premature death. Melanie is driving Antoine from a visit to the seaside where they had shared their mother's final summer when, just as she's about to reveal to her brother a recovered memory from her childhood, she loses control of the car. After the crash, the past comes swinging back at both siblings, burdened with a dark truth about their mother.

A story of shocking family secrets and how childhood memories can continue to have effect far into adulthood.

## June



**June 16**  
**84, Charing Cross Road**  
by Helene Hanff

Published in 1970, this book is constructed from a collection of correspondence between the author and a London bookseller, Frank Doel. The relationship began as Hanff delved into the work of a professor at Cambridge University. Professor "Q," as he is called, became the catalyst for Hanff's letter writing. Her admiration for the professor fueled her pursuit of classic literature, resulting in the inquiries comprising this work. **84, Charing Cross Road** spans a 20-year period, incidentally chronicling events abroad, such as Winston Churchill's 1951 election in London and the 1960 U.S. Democratic presidential nomination.



**City of Lake Forest Senior Scene**  
25550 Commercentre Drive  
Lake Forest, CA 92630  
949-461-3408

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# LAKE FOREST SENIOR PROGRAMS



## **2010 All American Spirit Award – Senior Clubhouse Float Entry**

**The City's 20th Annual 4th of July Parade will be here before you know it!** Last year, and prior years, the Senior Scene Clubhouse has been a participant in the parade...in fact, our float received the "Mayor's Choice" award in 2007, "Best Theme" in 2008, and "Most Patriotic" in 2009. This year's parade theme is "Celebrating Independence on our 20th Birthday." If you would like to help decorate or ride on the float, please call 461-3408 and leave your name and phone number.